

THE PAPER RACE

KRRC NEWSLETTER

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ON THE RUN

Well, Dave, how big were those trophies? The Four Mile Classic is a classic when it comes to handing out the gold. Dave Hinderliter has put together a race with sponsor support that every race director dreams of and the size of the trophies symbolizes the size of the support. The nice shirts, the Monical's Pizza, cookies, donut holes, fruit, beer, pop, balloons and door prizes make for a real party. Then there are the details. By the time Pat Koerner picked up his 1st Place Overall trophy (it was so big he needed a forklift), it had been engraved with his name and time. Dave Bohike handled the computerized finish line (the only glitch being the finish line clock that would not clock) and his printout had been copied and was handed to all runners as they left the ceremony. If you missed this one (and a few of our members did), you missed a real runner's race!

So, how big were those trophies? Julie Anderson asked Jim Grace to pick up her trophy as she didn't have a big enough car and she needed her arm strength to give massages (and she owes me one after what she did). Jim, who is running great times these days, was happy to oblige, but had not anticipated the wolf whistles and affectionate

comments he received when he stepped up to get her trophy. There was an encore when Jim was called to pick up his own gold. When Georganne Hickey returned to her seat with one of the monster trophies, she announced that she was taking it to school. Perhaps she will use it to beat the unruly students into submission!

The National Heritage Corridor 25K did not go as smoothly, but is another race that should not be missed. The 15.5 mile course starts near the Rt. 47 bridge in Morris and runs along the old Illinois-Michigan Canal Towpath to the Middle School in Channahon. Channahon, by the way must have a number of major athletic events. As I stood on the corner two blocks from the finish line to direct runners, an old man in a pickup truck came by and shouted, "Channahon, recreational capital of the world. Bunch of deadbeats!" In any event, this event drew 184 runners to its unique course. The logistics of the point-to-point course were, of course, challenging. Race director Kelly Proctor assembled an able support crew to pull it off. Finding a large tree had fallen on the path between four and five miles, Jim Hubbell simply went to a nearby house to borrow an ax. When the whacking was done, it took a dozen volunteers to move the tree

off the path. The wind was of little consequence to the runners on the well sheltered path, but mile marker 14 was reported floating in the canal. The major glitch was the lack of buses to take the runners to the start - there was only one! Runners car-pooled and the bus led a caravan to the starting line. I understand there was some problem with the awards, but I couldn't stick around for that part of the festivities. Matt Gubbins gives this race high marks with room for improvement!

I couldn't stick around for the finish because I was on my way to Pontiac for the second race of the day that I wouldn't run - the Paul Panno Memorial Run. I had ridden to Channahon with Matt and went on to Pontiac with Pat Koerner and Donna Hurst. This was the 5th year, but my first time at the race. Paul Panno was a young assistant state's attorney when he was struck and killed by an automobile while jogging. The race proceeds go to abused and underprivileged children. This race also appears to be a class act that treats its runners well. A 1:00 P.M. race, runners are provided with a post race lunch of hot dogs/brats, chips, pop, and fruit. There are some NICE door prizes! If I were to complain, it might be about the mixture of 5 and 10 year age groups. Charlie Grotevant wasn't bothered a

bit by being an old man in a 10 year age group - he simply ran a PR and took first! If 25K is too many K, try the 5K at Pontiac!

I ran Dwight 5K for the first time on a day that was meant for road racing. The sun was up, but the humidity was down and the bank's temperature sign said 60 as we cruised through the second mile of this shady course. It is a flat course with few turns. The second mile is almost completely straight. This race is no threat to Pontiac or Watseka, but decent. Bill Linn won a pizza from Casey's General Store so we stopped there after the race. Casey's is a chain operation and we have found post-race refreshments at Casey's in Minooka and Odell (Coming Soon: The 4 Star Rating Guide to Casey's General Store.) In the past I have settle for their deliciously disgusting chocolate donuts and cookies, but had never tried the pizza. In any event, Shoup, Linn and I sat on the curb outside Casey's eating pizza and soaking up the sun. I don't think Chicago Dough will lose any customers to Casey's pizza, but it wasn't too bad.

The Park Forest Scenic Ten was the class act it usually is. The club was well represented on this beautiful if slightly warm and sunny Labor Day. I haven't received the complete results so I don't have all the details, but I believe a number of national age group records were set. Warren Utes, 70, ran 62-63 minutes and took 5 or 6 minutes off the national age group record. In our group, there may have been a record for wolfing down some of the fare at Fuddrucker's! The

Herscher 5K also added to the holiday weekend and Scott Stevens is to be thanked for keeping it going. I also heard good things about the Popcorn Panic in Valparaiso (talk to the Hickeys) and the Munchkin Mile & 5K (an outstanding shirt!)

Congratulations to all of our members who participated in the YMCA Triathlon and especially to Julie who came back from an injury to set a PR and win her sixth straight women's title.

Malone's Moonlight Hayride III was a success - nobody was blown away! Leon and Shirley's fall social drew approximately 50 members whose only major problem was finding the upwind side of the campfire. That is with the exception of Ron Plowowar and Nancy Ruda; they had trouble finding Malone's!

Howard Strassenburg sends his apologies to all for the short 5K course at Momence - about .15. Howard says he will make it up next year. (No, I don't think he means it will 3.25 next year, but...)

Almost worse than being unable to get my daily fix of running due to injury is having to explain why I am not running and racing. It is tempting to simply make up a story or pass it off by admitting my recurring episodes of retardation. Being retarded usually means forgetting to plug in the easy day in the hard-easy training schedule. In any event, I was at the park the day after Dwight and the group consisted of Tim Benoit, Julie Anderson, Bill Linn, Sully (Bill's buddy from Normal), Tom Goodberlet, and myself. The pace was a fairly easy one until people started dropping

off. Sully first, then Tim and Tom dropped off. Julie was soon surging up the hills and Bill was tiring quickly. John Shoup, who started an hour later, met and passed us with a laugh. He knew he was no match for the Ironwoman. Bill packed it in after 8 miles and Julie surged again. I saw that the myth of the natural superiority of man was in danger. Rising to the occasion, I matched her stride for stride through the loops of the campground. As we headed up the last hill to the cars, her form began to falter and she was gasping for air. The 5:30 pace had taken its toll. I backed the pace off as we closed on the cars so she could regain her form. I gave my all to preserve the myth, but two days later suffered a calf strain that have put me on the disabled list.

We have had some great weather to run some great races and October will offer more opportunities. After October, however, the races really thin out and the weather starts to get marginal. If you do a marathon, the recommended recovery time is about a month. If you are headed south, of course, there are still many races to be had. I've looked ahead to the possibility of a Florida vacation in February and found a two week period when I could run three of the top nine rated races including the #1 rated Gasparilla 15K! If you need information on Florida races, give me a call.

That's it for this month. If I missed your event or your story, drop me a line or give me a call. This newsletter is for you and should be about you, but until I can be everywhere

and remember everything I need your help in getting the word out.

See you at the Governor's 10K on Sunday - our contribution to our running community. Come and do your part!

DAN GOULD

SUPER SPONSORS!

Our club has been very fortunate over the years to receive a great deal of support from a fine group of local sponsors. Big and small, they have all made it possible for us to participate in quality road races. These sponsors have paid their dues and deserve our appreciation and when possible, our patronage.

Quaker Oats has been a tremendous help with the Governor's 10K. Without Chicago Dough's support, the Governor's would not be near the race it has been. Both Coke and Pepsi have been generous as well as have the owners at Donut Land. St. Mary's and Riverside have been very supportive and this year Stranco has made a very fine contribution to the Governor's. The Culligan Water folks have been excellent help. The Kankakee Police, Goodberlet Heating & Air, Bohke Timing, Kankakee Federal Savings & Loan, Commonwealth Credit Union, Dave Allen and the CB Club, and the State Police have all been fantastic. Let's not forget Bill Egan, Hurst Security and Acme Printing. Performance Sports has been invaluable and don't forget the 15% discount they offer us on all running related purchases. The Boys Produce, Panozzo's Fruit Market, The Kankakee Valley

Park District. The Daily Journal, WKAN, McDonald's and Hardee's have all been great.

This is just a reminder to all of us that these sponsors, and some we probably forgot to mention, have all made the running experience much more enjoyable. We should all endeavor to thank these people whenever the opportunity arises and show them the appreciation that can sometimes be lost in the excitement of the events they support.

BILL LINN

THE STARTING LINE

OCT 7, 9:00AM - GOVERNOR'S 10,000, Kankakee River State Park. What can I say? The greatest race in the state with Ts, refreshments, 5yr AG and cash prizes throughout the age groups. Come one, come all! Info - Bill Linn 815-935-0815.

OCT 13, 9:00AM - OAK FOREST HARVEST RUN 5K & 10K, 164th & Central, \$8/9, Ts, 10yr AG, 3 deep, 708-687-7270.

OCT 14, 8:00AM - PRAIRIE STATE 10 MILER & 5K, Lincoln Way Com H.S., Rt. 30, New Lenox. \$10/12 after 10/1, long Ts, 5yr AG, proportioned awards, refreshments, 815-485-6677. This is a good one!

OCT 21, 9:00AM - KCC FALL CLASSIC 5K, Kankakee Community College, \$8/9 after 10/15, Ts, 5yr AG to age 50, top 5 & 3 deep.

OCT 28, 9:35AM - SYCAMORE PUMPKIN FESTIVAL 10K, National Guard Armory, E. State St., \$10/12, Ts, 5yr AG, top 5 & 3 deep, TAC cert., 815-895-3458. This

race had 901 runners in 1989!

OCT 28 - CHICAGO MARATHON!

NOV 4, 9:00AM - OAK PARK/AUSTIN BLVD. 10K, Madison & Humphrey, \$12/14 after 11/3, Ts, 5yr AG, 3 deep, TAC cert., 708-386-5000.

MIDWEST 4 MILE CLASSIC RUN & WALK

Dianne Strufe of Dwight, IL, proudly accepted the trophy Saturday and excitedly exclaimed to the crowd, "The Midwest 4 Mile Race is the BEST - great food, entertainment, and wonderful awards!" That pretty much sums up the overall feelings in this year's Midwest 4 Mile Classic Run & Walk.

The benefit run, with county fair queen Page Bond firing the starting gun promptly at 9:00 AM, took off amid much fanfare - lively music, colorful balloons, even a sky camera flying overhead. All of this helped to warm the souls of nearly 150 runners and walkers, who, despite slightly inclement weather, turned out to make the 2nd annual race a huge success.

Gusting winds and overcast skies couldn't dampen the enthusiasm of the racers and the fine times turned in by everyone is proof of that.

Pat Koerner of Bourbonnais was 1st across the finish line to take overall honors in a fast time of 21:14. That breaks down to a 5:18 pace per mile, a pace most people cannot achieve even in a 1 mile race. Second place was captured by Barney Hance, the President of Kennekuk Road Runners of Danville, and right on his heels in third place was Brian Miller of

Rockford.

Not to be outdone, the female division of the race feature two of the area's premier runners. First place went to Dawn Campbell of Danville in a great time of 24:05, a full 2 minutes faster than last year's winner. Challenging her the entire race was Julie Anderson of Kankakee, finishing in a time of 24:38. Third place was awarded to Que Harbor of Rantoul in 27:12.

The walking race, which attracted 54 people ranging from children being pushed in strollers, to seniors race walkers, is a very popular feature in Watseka. "There are very few races in the state that get the number of walkers as does the Midwest race," claims event director Dave Hinderliter. "I'm not sure if it's the Monical's pizza or the Scotchmon's fresh-baked chocolate chip cookies that bring people to us. I suppose maybe the twenty trophies may even be a factor. Whatever, I'm glad they come and enjoy themselves."

Another big attraction for all competitors this year was the grand prize, awarded by Travel Discoveries International, which was a cozy stay for 2 at the Talbott Hotel in downtown Chicago. Donna Berns of Clifton, participating in only her second race ever, was the lucky winner. Donna left no doubt in anyone's mind that she was indeed very happy to accept the prize.

The entire Watseka community should be proud that through their contributions and active participation, we are earning the reputation for

putting on one of the finest races in the state. Local residents, lining the race course, cheering the racers on, is just a small indication that more people than just the major sponsors are getting caught up in the excitement of the race. The 3rd annual race, slated for next year, promises to be bigger and better and with continued local enthusiasm there is little doubt it will be.

[See results below]

THE FINISH LINE

9/2 - TORTOISE & HARE - HERSCHER

David Johnson	18:49 1st AG
Pat Koerner	16:17 1st AG
Matt Gubbins	18:11 2nd AG
Jim Grace	18:53 2nd AG
Tom Parlin	19:19 3rd AG
Jeff Lonergan	19:16 1st AG
Henry Shelly	22:01 2nd AG
Don Combs	22:07 3rd AG
John Shoup	18:00 1st AG
Charlie Grotevant	19:21 2nd AG
Gale Lehnus	23:10 2nd AG
Leon Malone	23:29 3rd AG
Deeanna Hillebrand	29:39 1st AG
Dee Osenglewski	23:33 1st AG
Linda Linn	27:34 3rd AG
Jo Boudreau	23:02 1st AG
Bill Johnson	19:40

9/3 - PARK FOREST SCENIC 10 MILE

Gale Lehnus	89:05
Georganne Hickey	90:50
Mike Hickey	63:22
Bill Linn	60:46
Jim Grace	66:47
Charlie Grotevant	69:15
Dan Gould	65:23
Pat Koerner	57:07
Julie Anderson	
Mark Steffen	
Kathy Steffen	

9/15 - DWIGHT 5K

Dan Gould	18:41 PR
Jack Dorn	20:23
Leon Malone	24:34
Bill Linn	17:04 2 AG 3 OA
Charlie Grotevant	19:17
John Shoup	18:09 3rd AG
Mike Hickey	17:19 1st AG PR
Georganne Hickey	25:11 3 AG 3 OA
Graig Hickey	17:19 1st AG PR
Jo Boudreau	22:04 1st AG
Don Combs	23:04
Bill Johnson	19:12
Linda Krause	27:50 3rd AG
Rich Olmsted	

9/16 - MUNCHKIN MILE & 5K. Chesterton, IN

Pat Koerner	16:08 2nd OA
Jo Boudreau	22:33 1st Master
Jim Grace	19:00 6th AG

HOOPESTON

Dave Hinderliter	19:20
Bill Johnson	19:27

9/23 - NATIONAL HERITAGE CORRIDOR 25K - 184 Runners

Jim Grace	1:50:12
Matt Gubbins	1:46:45
Gale Lehnus	2:07:03

9/23 - PANNO 5K (PONTIAC)

Jo Boudreau	22:31 1st AG
Charlie Grotevant	19:01 1st AG PR
Shirley Malone	29:47 2nd AG
Pat Koerner	16:19 3rd AG
Butch Coy	23:08

PARK FOREST PROGRESSIVE MARATHON

Pat Koerner	2:27:04 1st Place
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9/29 - MIDWEST 4 MILE CLASSIC - Watseka

Monica Uribe	32:14 1st AG
Deeanna Hillebrand	39:45 1st AG
Julie Anderson	24:38 2nd OA
Nancy Ruda	28:36 1st AG
Dee Osenglewski	30:34 2nd AG
Georganne Hickey	32:50 1st AG

[Continues on next page]

Jo Boudreau	29:04 1st AG
Lynn Troost	33:53 3rd AG
Shirley Malone	39:31 2nd AG
Graig Hickey	30:53 3rd AG
Pat Koerner	21:14 1st OA
Matt Gubbins	23:41 1st AG
Phil Newberry	24:36 2nd AG
James Grace	24:31 3rd AG
Tom Parlin	25:27
Bill Johnson	26:16
Bill Linn	23:08
Jeff Lonergan	25:19
Scott Kelson	25:38
Henry Shelly	28:50
Donald Combs	29:29
Thomas Uribe	32:09
Mike Hickey	22:55 1st AG
Ron Piwowar	28:25

SEE YOU NEXT MONTH